



# Connections

April 2025 ISSUE 104



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## **EGGS, BUNNIES, CHICKS & MORE** **WEDNESDAY, APRIL 16TH | 12:30 PM**

*Presented by Nancy Franks*

*Why do we celebrate Easter with these familiar items? Join Nancy to explore the surprising origins and significance of the iconic Easter symbols we all know so well. Discover some of the fascinating traditions and customs of this spring-time holiday celebrated around the world. An Easter-themed raffle caps off the event. So, "hop to it" and register with Alice today at 508-866-4698 x3.*

## **TERRARIUM GARDENING** **WITH THERAPY GARDENS** **TUESDAY, APRIL 22ND | 1:00 PM**

*This fun activity sponsored by the Carver Cultural Council is equal parts art and science. Discover the variety of terrariums, the best plants to use, along with essential techniques for care and maintenance. Everyone will design and build a beautiful miniature terrarium to take home. Space is limited! Please register at 508-866-4698 x3.*



Mass  
Cultural  
Council

This program is supported in part by a grant from the Carver Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

# UNDERSTANDING MENTAL HEALTH DISORDERS

TUESDAY, APRIL 29TH | 12:30 PM

Join Meghan Quirke with Carver Cares along with a representative from High Point to discuss mental health disorders and the services available to help those in need. *Register 508-866-4698 x3.*



*"It's spring fever.  
That is what the  
name of it is.  
And when you've  
got it, you want—  
oh, you don't quite  
know what it is you  
do want, but it just  
fairly makes your  
heart ache,  
you want it so!"*

- Mark Twain

## MEET & GREET HEIDI MILES

MONDAY 4/14 | 10:00 AM

Drop-in to the *Small Meeting Room of the Carver Public Library* to meet Outreach & SHINE Counselor Heidi Miles for your insurance questions and to learn about the COA services and activities.



## MIND AND BODY WELLNESS

### MONTHLY BEREAVEMENT SUPPORT GROUP

Find comfort and support in this monthly bereavement group facilitated by Continuum Hospice & Palliative Care of Fall River. This group meets on the *4th Friday of every month* at 10:00 am in the library room of the COA. **Please register at 508-866-4698 x3.**

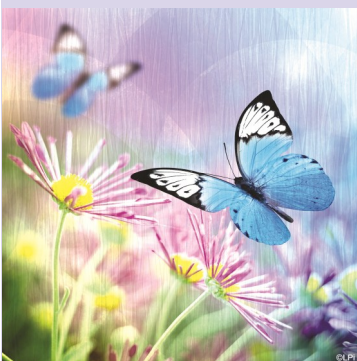
### MONTHLY FOOTCARE

Podiatrist Dr. Alan Lechan offers foot care services on the *2nd Tuesday & 4th Wednesday each month* at the COA. The \$35 service includes trimming of nails and calluses. Please bring a list of your medications, doctor's name and date of last visit. **Call 508-866-4698 x3 for an appointment.**

## WEEKLY WELLNESS CLINICS

TUESDAYS | 9:30 AM - 11:30 AM

Currently, our EMS department provides weekly blood pressure clinics every Tuesday from 9:30 am - 11:30 am. Glucose and cholesterol screenings are provided through Carver EMS on a monthly basis on the *first Tuesday* of each month during the Wellness Clinics. These weekly health checks offer an additional opportunity to address *any* concerns you may want to discuss between visits with your primary care physician. *Drop-in, no appointment is necessary.*



## OCES BRINGING HEALTH TO YOU WEDNESDAY, APRIL 9TH | 1:00 PM

Enjoy a healthy snack while learning about 5 different choices for your health presented by representatives of *Old Colony Elder Services*.

- *Money Management*: Learn how to manage your finances through this free service.
- *Honoring Choices*: Making a healthcare plan; it's your health and your choice.
- *Home Care*: Learn about our in-home support services.
- *Crafting*: For stress relief.
- *Memory Training*: Tips and tricks to improve your memory.



**Register with Alice at 508-866-4698 x3.**  
*Space is limited.*

### Brunch Cups

Heat oven 375 F

Servings: 9

1 tablespoon butter

1 tablespoon flour

3/4 cups milk

1/2 cup shredded

Swiss cheese

1 sheet puff pastry

9 eggs

1 cup diced ham

chopped fresh green onions



In small saucepan, melt butter. Whisk flour with butter. Gradually pour in milk, whisking each time. Bring to simmer, whisking until mixture starts to thicken. Remove from heat; stir in Swiss cheese. Set aside.

Use rolling pin to thin out puff pastry. Cut each into nine squares. Line pastry squares in muffin cups, pressing bottoms down firmly and moving pastries up sides for edges to come up just over muffin tins. Fill each cup with 1 teaspoon cheese sauce. Crack one egg into each cup and sprinkle each with diced ham.

Bake 10-15 minutes until eggs set. Sprinkle with chopped green onions.

## JEWELRY MAKING WITH NANCY RETURNS!

THURSDAY, APRIL 10TH | 2:45 - 4:30 PM (APPROX)

Come create custom beaded bracelets or necklaces while learning jewelry making techniques and design. **Cost: \$10**

**Please register with Alice at 508-866-4698 x3**



### COA STAFF

#### **GATRA Dial-A-Ride Dispatcher**

Peggy Wood  
508-866-4698 x1  
Mon-Fri, 9 AM-12 PM

#### **Outreach Facilitator /**

**SHINE Counselor**  
Heidi Lufkin-Miles  
508-866-4698 x2  
heidi.miles@  
carverma.gov  
Mon-Fri, 8 AM - 4 PM

#### **Activities Coordinator / Administrative Assistant**

Alice McMahon  
508-866-4698 x3  
alice.mcmahon@  
carverma.gov  
Tue-Thu, 9 am-3 PM

#### **Nutrition Center Head Cook**

June Benson  
**Kitchen Assistant**  
Michelle Wall-Hewak  
508-866-4698 x4  
Mon-Thu 8 AM-3 PM  
Fri 8 AM-12 PM

#### **Director**

Connie Kelly  
508-866-4698 x6  
connie.kelly@  
carverma.gov  
Mon-Fri, 8 AM-4 PM

### WEEKLY ACTIVITIES

#### **CHAIR YOGA CLASSES**

with Karen Flynn / Cost: \$5  
Mondays / Advanced 9 -10 am  
Basic Chair Yoga 10 -11 am

#### **BEACHBALL CHAIR VOLLEYBALL**

Tuesdays / 9:30 am, Drop-in

#### **QI GONG**

with David Kisiday / Cost: \$5  
Tuesdays / 10:30 am

#### **SCRABBLE**

Tuesdays / 12:00 pm, Drop-in

#### **RUMMIKUB**

Wednesdays /12:00 pm, Drop-in

#### **BINGO**

Thursdays at 12:30 pm - 2:30 pm  
Please arrive prior to 12:15 pm to  
purchase games: Drop-in.

**Please register for ALL activities at  
508-866-4698 x3, unless they are  
listed as "Drop-in".**

### MONTHLY ACTIVITIES

#### **BASKET WEAVING**

Is back with Patty Batson  
2 groups of 2 classes/month:  
Group 1: 1st & 3rd Fridays  
Group 2: 2nd & 4th Fridays  
at 9:00 am, Cost: \$20/class

#### **COFFEE WITH THE CHIEF & TALK WITH THE T.A.**

Every second Tuesday at  
10:30 am. Drop-in.

#### **VISIT WITH THE VETERANS AGENT**

Every third Wednesday at  
10:30 am. Drop-in.

#### **SINGO - MUSICAL BINGO**

Every *first* Monday and the  
*third* Tuesday of each month  
at 12:00 pm. Drop-in

#### **LINE DANCING**

with Dave & Marcia Burbank  
Fridays, April 11th and 25th  
at 12:30 pm. Cost: \$5

### WEEKLY CRAFT CLASSES

#### **WEDNESDAYS AT 10:00 AM**

**Register by 2 days prior at 508-  
866-4698 x3. Supplies are limited.**

April 2nd - *Egg Decorating*

April 9th- *Etched Haitian Cross*

April 16th - *Adult Coloring Florals*

April 23rd - *Paper Flowers in Salt  
Shaker Centerpiece*

April 30th - *Dandelion Guided  
Acrylic Painting*

### "NIMBLE FINGERS" KNIT AND CROCHET CLUB

#### **MONDAY, 28TH 10:00 -11:00 AM**

Group crafting can be a lot of fun  
to form new friendships and find  
new inspirations. Bring a current  
project or work with  
provided patterns  
and yarn with your  
own hooks or  
needles. **Register**

**at 508-866-4698 x3**



## EASTER CANDY LEFT, CENTER, RIGHT GAME

MONDAY, APRIL 14TH | 12:30 PM

They say "Don't put all your eggs in one basket", but you can if they are candy eggs! Come play a few rounds of LCR with Easter candy pots! Please register with Alice at 508-866-4698 x3.



## CONTACTS

### Friends of Carver Council on Aging

Jack Franey -  
President  
Paul M. Kelly -  
Vice President  
Jackie Rogerson -  
Treasurer  
Elaine Gorham -  
Secretary  
Alice McMahon -  
Activities Coordinator  
Lydia Nelson - Officer  
Bob Bumpus - Officer  
Terri Franey - Officer  
Friends of Carver COA  
P.O. Box 72,  
Carver, MA 02330  
[friendscarvercoa.com](http://friendscarvercoa.com)



### Council on Aging Board of Directors

Alan Dunham - Chair  
Elaine Raymond -  
Co-Vice Chair  
Mary DuRoss -  
Co-Vice Chair  
Helen Marrone -  
Secretary  
Cathy Gallimore -  
Member  
Louise Walsh - Alt.  
Mike Nicolazzo - Alt.

## MONTHLY LUNCH MENU

Daily lunch is served in the Carver COA Nutrition Center at 11:30 am. Menu items are subject to change based on availability. For the current week's menu, please call 508-866-4698 x4, select option 1 for a recording of the week's menu. All meals include a choice of milk or juice. **Cost: \$5**

Tuesday	4/1 - Knockwurst, sauerkraut, sweet potato puffs, mixed vegetables, lime Jello
Wednesday	4/2 - Cranberry walnut chicken salad, potato salad, Birthday Cake and ice cream
Thursday	4/3 - Chicken stew over rice, pound cake
Friday	4/4 - Egg salad sandwich, chips, pears
Monday	4/7 - Hot dogs, beans, brown bread, peaches
Tuesday	4/8 - Lasagna, green beans, banana cake
Wednesday	4/9 - Meatloaf with gravy, mashed potatoes, peas, mandarin oranges
Thursday	4/10 - Chicken Cordon Royale, fries, corn, vanilla pudding
Friday	4/11 - Tuna salad sandwich, tomato soup, mixed fruit
Monday	4/14 - Assorted calzones, chips, pineapple
Tuesday	4/15 - Sausage, peppers and onions over rice, tiramisu
Wednesday	4/16 - Grilled chicken over mixed greens with peppers, tomatoes, cucumbers and radishes, pears
Thursday	4/17 - American chop suey, green beans, peaches
Friday	4/18 - Baked Haddock w/lemon, potato puffs, carrots, key lime pie
Monday	4/21 - Closed for Patriots Day
Tuesday	4/22 - Chicken meatballs with gravy, mashed potatoes, beets, fruit cocktail
Wednesday	4/23 - Chicken nuggets, fries, green beans, chocolate pudding
Thursday	4/24 - Beef chili with cheese over rice, mandarin oranges
Friday	4/25 - Pizza with toppings, chips, red velvet cake
Monday	4/28 - Chicken broccoli cheese croquettes, rice pilaf, orange Jello
Tuesday	4/29 - Pulled pork sandwich, cranberry cole slaw, tropical fruit mix
Wednesday	4/30 - Teriyaki chicken over rice, oriental vegetables, chocolate cake

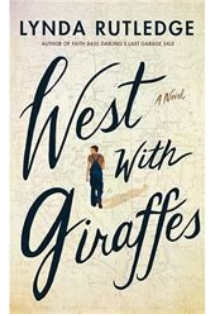




## MONTHLY BOOK CLUB

**MONDAY 4/28 AT 1:00 PM**

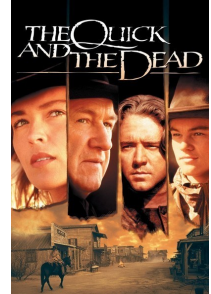
*West with Giraffes* by Lynda Rutledge is historical fiction inspired by true events about a teenaged boy transporting two giraffes cross-country during the Great Depression. His adventure highlights themes of friendship, resilience, and the bond between humans and animals. **For a copy of the book, please register with Alice at 508-866-4698 x3.**



## MOVIE MATINEE: THE QUICK AND THE DEAD

**FRIDAY 4/18 AT 12:00 PM**

Gene Hackman and Sharon Stone star in this updated American Western, a wild shoot-out studded with action, suspense and humor. **Register at 508-866-4698 x3.**



## ADDITIONAL SERVICES

**LOAN CLOSET:** (please call before dropping off items) The COA maintains a loan closet of canes, walkers, crutches, commodes, etc. to borrow at no cost. *Sanitation is the responsibility of the borrower.*

**COPIES:** The COA will make *limited* free copies for seniors. Ask a staff member during regular hours for assistance.

**VETERAN SERVICES:** Carver's Veteran's Agent can be reached at 508-866-3406.

**LEGAL ADVICE BY APPOINTMENT:** Attorney-at-Law Lawrence Hale offers free 15 minute consultations by appointment on the 2nd Thursday of each month. Call 508-866-4698 x3 for an appointment.

**FINANCIAL CONSULTATIONS:** Edward Jones Certified Financial Planner Sandy Childs offers free 1/2 hour sessions every 4th Tuesday. Call 508-866-4698 x3 for an appointment.

**IN-HOME HAIRCUT SERVICE:** Please call Donna Lawrence at 508-243-2293 for pricing and an appointment.

**SHANE GIVES THANKS FOOD PANTRY:** 128 Main Street (Carver Square Plaza). Please call 508-866-7673 for current hours.

## TRANSPORTATION



### GATRA DIAL-A-RIDE

GATRA operates out of the COA and provides transportation to seniors 60+ and disabled residents to the towns adjacent to Carver.

**Cost: \$1.75 each way or a 10 ride pass for \$15**

Please call the dispatcher at 508-866-4698 x1 between 9 am - 12 pm a minimum of 2 business days in advance to schedule a seat on the bus.

- Have the address of the trip location when you call.
- Be ready at the scheduled pick up time.
- Drivers can only wait 5 minutes after pick up time.
- Call in advance to cancel a reservation.

**1 HOUR SUPERMARKET TRIPS - MAXIMUM 5 PEOPLE - 4 BAGS OR LARGE ITEM LIMIT**

Wednesdays 8:30 am & 12:30 pm - Market Basket

Thursdays 10:00 am 1st & 3rd - Wareham Walmart

2nd & 4th - Plymouth Walmart

Fridays 10:00 am . . . . . - Carver Shaw's

**IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:** Drivers are unable to escort passengers beyond their point of arrival. Passengers who need assistance at their destination should arrange for a companion.

**GATRA DIAL-A-RIDE**



CARVER COUNCIL ON AGING  
 P.O. BOX 618  
 SOUTH CARVER, MA 02366

Return Service Requested

PRSRT STD  
 U.S. Postage  
 PAID  
 Permit #37  
 Carver, MA 02330

# April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 Wellness Clinic</b> Volleyball 9:30 am <b>Qi Gong 10:30 am</b> Lunch 11:30 am Scrabble 12:00 pm	<b>2 Egg Decorating w/ Susan Shaw 10 am</b> <b>Birthday Celebration</b> <b>Lunch 11:30 am</b> Rummikub 12 pm	<b>3</b> Lunch 11:30 am Bingo 12:30 pm	<b>4 Basket Weaving 9:00 am - Group 1</b> Lunch 11:30 am <b>Bus Trip Payment Due Today</b>	5
6	<b>7 AARP Tax Appts</b> Adv. Chair Yoga 9 am Chair Yoga 10:00 am Lunch 11:30 am <b>SINGO 12:00 pm</b>	<b>8 Wellness Clinic</b> Volleyball 9:30 am <b>Coffee w/ Chief 10 a</b> Qi Gong 10:30 am Lunch 11:30 am <b>Footcare / Scrabble</b>	<b>9 Haitian Cross 10:00 am</b> Lunch 11:30 am Rummikub 12 pm <b>Bringing Health 1-3</b>	<b>10 Atty Hale Appts</b> Lunch 11:30 am Bingo 12:30 pm <b>Jewelry 2:45 pm</b>	<b>11 Basket Weaving 9:00 am - Group 2</b> Lunch 11:30 am <b>Line Dancing 12:30</b>	12
13	<b>14 AARP Tax Appts</b> Adv. Chair Yoga 9 am Chair Yoga 10:00 am <b>Heidi at CPL 10 am</b> Lunch 11:30 am <b>Easter LCR 12:30 pm</b>	<b>15 Wellness Clinic</b> Volleyball 9:30 am <b>Qi Gong 10:30 am</b> Lunch 11:30 am <b>SINGO / Scrabble 12</b>	<b>16 Adult Coloring Florals 10:00 am</b> <b>Visit w/ the Veterans Agent 10:30 am</b> Lunch 11:30 am Rummikub 12 pm	<b>17</b> Lunch 11:30 am Bingo 12:30 pm	<b>18 Basket Weaving 9:00 am - Group 1</b> Lunch 11:30 am <b>Movie Matinee 12:00 pm</b>	19
20	<b>21</b> <b>CLOSED FOR PATRIOTS DAY</b>	<b>22 Wellness Clinic</b> Volleyball 9:30 am <b>Qi Gong 10:30 am</b> Lunch 11:30 am Scrabble 12:00 pm <b>Terrariums 1 pm</b>	<b>23 Paper Flower Centerpiece 10 am</b> Lunch 11:30 am Rummikub 12 pm	<b>24</b> Lunch 11:30 am Bingo 12:30 pm	<b>25 Basket Weaving 9:00 am - Group 2</b> Lunch 11:30 am <b>Line Dancing 12:30</b>	26
27	<b>28 Adv. Chair 9 am</b> Chair Yoga 10:00 am <b>Nimble Fingers 10 a</b> Lunch 11:30 am <b>Book Club 1:00 pm</b>	<b>29 Wellness Clinic</b> Volleyball 9:30 am <b>Qi Gong 10:30 am</b> Lunch 11:30 am Scrabble 12:00 pm <b>Mental Health 12:30</b>	<b>30 Footcare Appts</b> Dandelion Acrylic Painting 10:00 am Lunch 11:30 am Rummikub 12 pm			